

In Harmony with the Mother Universe

Kayo Shiokawa



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A journey into the universe within.

**This book invites you to rediscover
your true self in harmony with the
Mother Universe.**

In Harmony with the Mother Universe

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Tomekichi Taike/Kayo Shiokawa

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graciously provided by my friend, **Yuri Otsuki**. My heartfelt thanks.

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Mr. Taike was born in Osaka, Japan in 1926. After retiring from his career as a high school principal in Osaka, he has been giving seminars on the subject of “Reflecting on Your Own Heart” and “Mankind is Consciousness” for over 30 years.

Books: Ishiki No Nagare, Zoku Ishiki No Nagare

Kayo Shiokawa (born March, 1959)

Ms. Shiokawa was born in Osaka , Japan in March 1959. In March 1991, she became a certified tax accountant and engaged in tax-related business. In 2015, she quit her job as a certified tax accountant and continued her seminar activities following the legacy of Mr. Taike.

Books: Arigatou, Ishiki No Tenkai, Ishiki No Nagare, Zoku Ishiki No Nagare and other books

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In Harmony with the Mother Universe

Introduction

Summary of Introduction

This book is a new, single-volume edition of In Harmony with the Mother Universe, first published in two parts in 2007. Inspired by a suggestion to compile them, I revisited the original text with care, hoping it might now reach those I have yet to meet.

The “Mother Universe” is not some faraway place—it is our true home. Although we’ve been born and raised in many lands, there is only one place we are truly meant to return to. Not a physical location, but a space deep within, long forgotten.

We have wandered far, lifetime after lifetime, longing for peace. That longing still lives within us. If you listen closely, you may hear the silent voice rising from your heart, whispering: “Let’s go home. Let’s return together.”

I offer this book as a gentle invitation to begin that journey back—to remember what has always been within you.

It has been six years since the publication of *In Harmony with the Mother Universe I and II* in 2007.

Recently, someone suggested that the two volumes be combined into a single edition. Inspired by this, I took the opportunity to carefully revisit the content, give it a fresh appearance, and undertake the process of compilation with the hope that it might reach new readers—people I have yet to meet.

The title “Mother Universe” does not refer to a distant or imaginary world. Rather, it points to something much closer—our true and original home.

Though we humans are born and raised in many different places, there is only one place we are truly meant to return to. Yes, there is just one place we long to return to.

Of course, that place is not some specific location on this Earth. So then, where is it?

Even if I were to say,

“We have wandered across a vast, unfathomable span of time in search of that place,”

very few people today would nod and say, “Yes, I remember.”

And that’s all right.

As someone who has finally found their way back to that place—back to the home I was always meant to return to—I now simply wish to let my heart speak through this book.

All of us have, at some point, abandoned our true home. In other words, we have spent lifetime after lifetime wandering without knowing where we truly belong.

We have had no place of peace, no true sanctuary. That is why words like homecoming, yearning, and nostalgia carry a weight far deeper than what we often imagine.

There is a voice within you, rising up from the very depths of your heart—

a voice that says:

“I want to go home. I long to go home. Let’s go back. Let’s all go back together.”

It is a voice that may not yet take form as sound, but it is real.

Please, take time to listen to that unspoken voice. Let it rise to the surface. Let yourself become someone who can hear and respond to it with kindness.

So I ask you—yes, you—

Won’t you begin your own journey to seek out your true home?

Even if, for now, the voice is still silent, I believe the time will come when it grows stronger within you.

Through this book, I hope to help you recognize that moment when it arrives.

Chapter 1

What Is the Universe?

Summary of Chapter 1

This chapter explores the nature of the universe and its deep connection to the “heart of the Mother.” The author explains that our true identity is not the physical body, but energy and consciousness. A turning point in this realization came through encounters with Mr. Tomekichi Taike, who led seminars encouraging participants to reflect deeply on their inner world.

At first, the author experienced intense resistance toward Mr. Taike, which was a sign of the deep darkness harbored within his own consciousness. Facing this darkness eventually led to the recognition of the “Mother Universe”—a realm of warmth, love, and gentle energy—as the true spiritual home we are all destined to return to.

The central message of this chapter is that “the universe” is not some far-off place, but rather a vibrational world within our hearts. This universe is inseparably linked to the nurturing heart of the Mother, and by turning inward, we can reconnect with that source and begin our true journey home.

1. The Heart of the Mother and the Universe

Let us begin with the specifics.

Here in Osaka lives an elderly man, now 86 years old, named Tomekichi Taike. Nearly thirty years ago, he stepped down from his role as principal at a public high school in Osaka Prefecture. Since then, he has traveled throughout Japan, holding numerous seminars.

At these seminars, he presented a central theme: “We human beings are consciousness—we are energy.”

He spoke passionately to the participants, encouraging them to engage in the daily practice of looking into their own hearts so they might come to understand this theme for themselves.

In general terms, one might regard him as a teacher or spiritual guide. From a more religious perspective, some might even call him a guru. It would seem only natural that those who gather at his seminars do so in order to receive his teachings.

However, in these seminars, something quite different—something far removed from such common assumptions—gradually comes into view.

On the surface, the dynamics at these gatherings may appear to deviate significantly from conventional expectations. But as one continues the practice of “looking into one’s own heart in everyday life,” one will eventually come to understand and accept this difference from within.

What exactly does this mean?

It means that those who come to the seminars are not there with the soft-hearted desire to be taught by Tomekichi Taike. Rather, they come to realize from within their own hearts something shocking:

“I was born to kill Tomekichi Taike, and that is why I am here.”

Naturally, there are also people who come seeking relief from personal struggles or suffering—still caught in a mindset of depending on others for salvation. And while such individuals are not few, over time, they begin to see that this seminar will not provide them with the kind of answers they are hoping for. Eventually, they drift away and resume their search—this time in another religion or teaching.

That’s because, from the start, they viewed Taike in the same way one might view the founder of a religious group—simply as another leader to follow.

In other words, the motivation behind their attendance was misplaced.

There are, of course, many other forms of misguided motivation as well.

To continue attending the seminars without correcting that mistaken motivation is simply to cling to the presence of Taike or the seminar itself.

In such cases, true progress along the path he presents—one based on the recognition that “we human beings are consciousness and energy”—is extremely difficult.

However, to go into that here would take us off track, so let us

return to the main point.

You might be thinking, “What in the world do you mean by ‘I came to kill Taike’?”

And yes, such a notion will never make sense to your intellect.

But your heart knows.

You will understand it through direct experience.

For over twenty years, Taike has given of himself entirely—body and soul—to hold these seminars, with the sincere hope that others might come to know this truth through the experiences of their hearts.

I myself have been attending these seminars for twenty years. Over that time, I have come to verify for myself, through my own heart, the truth of what he taught:

We human beings are consciousness. We are energy.

This realization came not only through my experiences in the seminar halls, but also through events that unfolded in my personal life in parallel.

When I say, “I was born to kill Tomekichi Taike,” I do not mean that literally. Of course not—it would simply be a crime if taken at face value.

What I mean is this: I hope that as many people as possible will come to recognize—through their own hearts—the fierce and overwhelming energy that resides within all of us, without exception. This is the energy that surges within the world of our consciousness, the world of the heart.

Unless we come to know this energy, it will be impossible for us to return to our one and only true home—the Mother Universe.

So where must we begin?

We must start by becoming aware, through our hearts, of the staggering energy we ourselves have created—energy born of ignorance, ego, and desire.

Yet this is not something that can be done easily.

That is precisely why Taike was here, why he held these seminars: to support that process.

By learning to look into our hearts and participating in the seminars, we each have the opportunity to come face to face—with intense clarity—with the immense energy we’ve nurtured over lifetimes, using the presence of Taike as a mirror.

This is the great reason why he spent more than twenty years of his life continuing these seminars.

And if you truly feel that energy within your own heart, you’ll understand—it is the energy of destruction.

Such energy lies dormant within us, even as we go about our daily lives.

Such energy fuels our societies—governing the political, economic, cultural, and educational spheres in which humanity tirelessly engages.

Earlier, I said something that may have sounded incomprehensible: “I was born to kill Tomekichi Taike.”

Let me explain more concretely what I mean.

When I saw Taike in person at a seminar, or simply heard his

voice, a surge of raw energy would erupt from within me. If I were to put it into words, it would sound something like this:

“I’ll kill you. Get out of my sight. I can’t stand the sight of you.”

“Move aside, all of you worthless fools! I don’t need anyone’s help. I’ll kill him myself—Tomekichi, I’ll destroy you!”

“What universe of yours? Don’t make me laugh. My universe is far superior. My power is greater. Die, Taïke.”

Let me make it absolutely clear: there was never any personal conflict or trouble between us.

He never harmed me in any way.

And yet, every time I saw him or heard him speak at a seminar, this violent, seething energy would well up from deep within me. I experienced this many times.

What’s more, I was not the only one.

Many others who attended the seminars had similar experiences—again and again.

It’s a strange phenomenon, don’t you think?

Why is it that, simply seeing or hearing one person—someone most of us had only encountered through these seminars—could cause such unspeakable rage, darkness, and hatred to erupt from within our hearts?

At first, I was baffled and shocked by this.

But over time, I came to understand:

“The lid to my own personal hell has been opened in this lifetime.”

Once I understood this, the phenomenon no longer seemed

strange or surprising.

Indeed, the sight and presence of this one man—Tomekichi Taike—had opened the lid of hell itself, dragging its contents into the light of day and shocking me to the core.

At first, I felt nothing but frustration and fury.

It was as though my insides were boiling with rage.

But looking back now, I realize: that was the beginning of my path home—back to the Mother Universe.

Through countless such experiences at the seminars—especially the intense emotional encounters I described above—I have, at long last in this lifetime, come to a clear realization within my heart:

“I have lived in error. I have expanded a pitch-black universe.”

And so I can now say this with conviction:

Each and every one of us carries within our hearts a tremendous, fearsome energy.

It is this unchecked energy that gives rise to the many inexplicable incidents and tragedies we see in the world today.

Large-scale disasters, acts of violence, and shocking crimes—they are not someone else’s problem.

They are the direct reflection of our own hearts.

By sincerely observing our hearts in daily life, by carefully tracing the flow of our own thoughts and emotions, we naturally come to see this truth.

We begin to recognize the sheer intensity of the energy within us—we come to know ourselves.

And this is why, whether we realize it or not, each of us has people in our lives who irritate us—people we find hard to get along with.

Those people, with their words or attitudes, provoke a reaction in us.

They stir up the negativity we carry and cause it to surface.

To the people right in front of us, we may project endless waves of negative energy.

But without the practice of looking into our hearts, we will never realize that it is our own energy that is erupting.

As a result, most people simply spew out their negative energy while pretending to be kind and good-natured.

When we say “the lid of hell has opened,” it means that our hearts have finally made contact with the dark reality we ourselves have created.

And yes, that can bring about a deep despair.

But it is not a despair without purpose—it does not end there.

For the more we come to know the terrible energy we’ve produced,

the more we begin to feel something else emerging alongside it:

a warmth—a joy—that envelops even that terrifying energy.

And that warmth doesn’t come from outside ourselves.

It rises from within.

We begin to realize that a vast, gentle, embracing version of

ourselves is holding us in love.

We come to feel not only the destructive energy we have long carried, but also the presence of another self—

one that radiates warmth, kindness, and gentle energy.

In other words, we begin to meet our **true selves**.

And when that happens,

we naturally come to understand:

“Why are we born?”

“Why do we die?”

We begin to truly feel the reason we are here now, in this physical body.

When that realization reaches you, the meaning of this chapter’s title—”The Heart of the Mother”—will begin to resonate deeply within you.

Now, let me speak a little more about this “Heart of the Mother.”

Because we have spent so long believing that our identity lies in the physical form, we tend to associate the phrase “mother’s heart” with something like maternal instinct or motherly love—the feelings that arise during pregnancy, childbirth, and child-rearing.

But that is not quite what I mean here.

While the “Heart of the Mother” does indeed include the essence of maternal love,

it points to something far beyond.

It is not some special or unreachable realm.

Rather, it is a world most people have simply forgotten—

a world that lies dormant in the depths of everyone's heart.

I chose the phrase "Mother Universe" to describe this world.

Through this book, I hope to convey that the "Heart of the Mother," which surpasses all notions of motherhood and love, is directly connected to the energy of the Mother Universe—our one and only true home.

And I invite you to verify this for yourself—through your own heart.

Mother Universe.

Yes—the universe.

But what exactly is "the universe"?

This word alone evokes a wide range of images and associations for many of us.

As for me, whenever I thought of the universe, I've long carried a sense that I must have come to Earth from some other star.

If one interprets this idea through the lens of the physical world, it might conjure scenes from science fiction—of traveling across billions of light-years in a spaceship from a distant planet.

But that's not the feeling I've had.

What I've felt is something else entirely: the sense that I've crossed dimensions.

The world we live in now has three-dimensional characteristics—length, width, and height.

But the universe I feel is not of that dimensional nature.

It is not a place defined by planets or celestial bodies.

The universe I speak of is a world of vibrations.

Yes.

The universe is energy.

And the message I most want to convey is this:

That energy—the universe—is none other than us.

We ourselves are the universe.

I want each of you to feel this truth in your own heart.

Moreover, the “Heart of the Mother” and the universe are one.

The true energy of the universe is connected to the Mother Universe.

No—it is not just connected. It is one and the same.

Many people are fascinated by the universe.

Some are drawn to its power.

But directing your thoughts toward the universe while having forgotten the “Heart of the Mother” is a dangerous thing.

Please understand that the most important step is to first feel the Heart of the Mother.

It’s true—the universe, as a world of vibrations and energy, will have a profound impact on us moving forward.

And that is exactly why we must begin by reawakening the warmth of the Mother within ourselves.

Let this be something you carry in your heart:

“The universe is not something far away. The universe exists within our hearts.”

From that awareness, I hope you will begin to feel the universe—not in some extraordinary moment, but within the

simplicity of daily life.

Think of the universe. Feel it.

And know that to think of the universe is to feel the heart of the Mother—

to remember her.

Let us now return from the idea of the universe to the reality of our daily lives.

Through the news we see and hear each day, I feel the following quite strongly—perhaps you do, too.

All human beings carry darkness within their hearts.

The constant stream of news we encounter each day reflects this truth.

One horrific incident after another appears—shocking events that make us recoil in fear and disbelief.

We wonder how anyone could commit such acts. We cry out in anger.

We demand justice and accountability.

But rarely do people realize that all of this is a reflection of their own hearts—of the inner world they themselves have forgotten.

And yet, this is reality.

It's not about “those people” or some special group of individuals.

This darkness comes from the hearts of people who have forgotten what is most important—their origin, their essence.

That darkness takes many forms: bullying the weak, child abuse, kidnapping for profit, child prostitution, patricide, infanticide, murder for insurance, fraud, spiritual scams, political bribery, collusion, organ trafficking, “compensated dating,” gang assaults, drug trafficking, addiction—the list goes on.

Every day, society is shaken by such events.

And yet, within a few days, each case fades from public memory, replaced by the next.

Still, for those directly involved, these incidents are not so easily forgotten.

Whether victim or perpetrator, they leave deep, lingering scars on the heart.

Even when a perpetrator is sentenced—perhaps even to death—the pain and grief remain for those affected.

Sometimes, those who violated the rights of others stand boldly to claim their own rights, which only deepens the emotional wounds.

Even after a case is legally closed, the emotional burden continues for those involved.

Such wounds, once etched into the heart, are not easily healed.

In many cases, money becomes the only way to reach a resolution.

The emotions that swirl around money are powerful beyond words—

and yet, how tragic it is that we live in a world where money is often the only option left.

Meanwhile, in daily life, fierce competition rages on—whether

in school entrance exams or economic battles.

In the broader world, actual warfare continues to claim countless lives, while the threat of nuclear weapons looms large.

From the smallest households to the entire planet, the energy of conflict has become widespread.

Is this what humanity calls progress—development, prosperity?

In the name of building a peaceful and harmonious society, we go to war.

How do you make sense of this contradiction?

Yes, values and perspectives shift over time.

Our social ties and relationships grow increasingly complex.

In such a world, it may seem admirable to strive for mutual respect, understanding, and cooperation in the pursuit of shared happiness and prosperity.

But is that truly how things will unfold?

Beneath the surface, the world is already in motion.

This undercurrent has already begun to surface—manifesting in natural disasters and human events alike.

We are entering a time of great upheaval.

The world is becoming more and more chaotic.

That moment is already upon us.

And that is exactly why we must turn inward—to the place where the Heart of the Mother lies dormant within us all.

I believe this is the direction in which we are being led.

2. Asking Yourself Ten Questions

Theme 1: What Does It Mean to Be Born?

What does it truly mean to be born?

You are here now because your mother gave birth to you.

You know that there was a time when no one was happier about your arrival into this world than your mother.

And of course, there was also a time when you, too, were overjoyed to have been born—a time when you suckled at her breast, cradled in her arms, wrapped in a deep sense of peace and safety.

Even those who now proudly live their lives, believing they’ve made it on their own, began in the same way—nurtured by a mother.

Yet most people have forgotten that origin—forgotten their own beginning.

And worse than forgetting is being unaware of how much resentment or blame they’ve projected onto that very mother.

But when I speak of your “mother” here, I’m not referring to the woman you’ve interacted with daily—not the one with flaws, habits, and shortcomings, just like yourself.

Most mothers, after all, see their children as “mine”—as beings they brought into the world and raised—and they often project a controlling, possessive energy, even without realizing it.

They believe it’s love.

They tell themselves, “It’s all for your sake.”

They're convinced that such involvement is a mother's duty—that it's an expression of care.

In truth, it is ignorance, but they don't know that.

And that makes it all the more tragic.

Yet even beyond that, there is something else—a distinct current of energy that flows from a mother.

If you truly open your heart to the real intention behind even the most flawed mother's being, I believe you will be changed.

It is not the desire to possess you.

It is simply the joy of having brought you into this world.

It is a vibration—pure and unwavering—that longs only for your happiness.

No matter how cruelly you may have spoken or how unreasonable your demands may have been,

you are here now because you have been forgiven.

You are allowed to exist.

If you truly believe that your success, your title, your wealth, your achievements are solely the result of your own efforts,

then you are, I must say, quite arrogant.

Of course, I don't expect you to admit to that arrogance right away.

But one day, I believe you will.

One day, I believe you'll find within yourself the words:

“Yes, I was arrogant. Mother, I'm truly sorry.”

And in that moment, tears will come—tears of overwhelming emotion.

In that moment, you will recognize within your heart a mother

you had long forgotten—not the one you knew in daily life, but the essence behind her form.

And you will feel the vibration that came from that presence.

It will be a warmth and comfort beyond words.

And when that moment comes,

you will know that a mother's love has always embraced you—unconditionally.

It will spread through your heart as joy.

Please believe that it was through this deep, unwavering love that you were able to be born.

This is your true origin.

Some may say, “Children do not get to choose their parents.”

But that is not true.

You chose your mother.

More precisely, you asked her:

“Please, give me a body. Please give birth to me.”

You needed a physical body, and so you came into this world through your mother.

Of course, nearly everyone forgets this.

That's nearly a 100% certainty.

And because we forget, we begin to face hardship from the very moment we are born—challenges intended to bring us back to that forgotten starting point.

Without remembering our origin, life becomes a burden, a struggle.

We come to believe that life is inherently suffering, and we

take that belief at face value.

But of all the mistaken ideas passed down in this world, I believe that may be the greatest of all.

To be born is a joy. Life itself is joy.

When a child is born, we celebrate.

That celebration is a mutual message shared between parent and child:

“Through the experiences that await, may you awaken to your true self.”

But the true birthday comes when one can say from the heart:

“I’m grateful just to have been born. Thank you, Mother.”

That is when one truly begins.

Without standing at that starting line,

I believe we can understand nothing real.

Theme 2: We Have Forgotten the Presence of Our Mothers

“I ask you—please give me a body.”

That was your earnest plea.

And in response to that wish, you were given form, supported by every cell that inherited your parents’ DNA.

You waited with joy in your mother’s womb for the day you would enter this world.

Even as you were influenced by your mother’s bodily state and emotions,

you were full of joy, eagerly anticipating the moment of your birth.
And even if, before you could be born—or shortly after—you
were no longer able to sustain life in that body,
your heart would still say,

“Thank you. I’m so happy. I’m grateful.”

Why?

Because even for a brief time,
you had the chance to exist in your mother’s womb.
You were wrapped in her warmth, feeling only peace—no
dissatisfaction, no lack.

It was a time and space filled entirely with joy.

In that moment, you could feel your mother’s presence
completely.

Whether or not your physical form made it into this world, the
fact remains:

Your mother accepted you.

This truth never changes.

Even those souls who were miscarried, stillborn, or passed
shortly after birth

still say from their hearts,

“Thank you, Mother.”

They return from the womb with joy.

It is often the mother, not the child, who grieves the most—
mourning the loss of a child that never came into the world.

Although we all came into existence this way,
we eventually forget what it means to be born, and we forget

our mothers' presence.

As we grow older, we set out to live life on our own—but it is not so simple.

Life, with all its peaks and valleys, does not proceed smoothly according to our wishes.

In fact, those very peaks and valleys were part of the plan you made for yourself before you were born.

You even chose how you would face and pass through them.

But you forget that you longed for a body.

You forget that you chose the very environment into which you were born.

And so you begin to complain:

“I never asked to be born into this family.”

“Why did you give birth to me?”

“Why is my mother like that?”

You direct all your dissatisfaction and blame toward the mother standing right in front of you.

The more difficult your environment,
the more intense that blame becomes.

Even those raised in privileged, enviable surroundings find ways to feel unsatisfied,

to find fault—and once again, that frustration gets directed at the mother.

All of us, in one way or another, experience moments when our unfiltered emotions come bursting forth—aimed directly at our mothers.

Have you ever wondered why this is?
Why is it that our rawest, most intense feelings
come out so easily when we face our mothers?
Isn't it true that, as children, we all said whatever we wanted to
our mothers,
without restraint?
And yet, even when we cried, complained, or threw tantrums,
our mothers still accepted us in the end.
They may have scolded us, they may have been strict at times—
but somehow, it always felt different than when a father
reprimanded us.
No one had to teach us this.
We just knew—somewhere deep in our hearts—that this is
what a mother is.
Yes, it's the mother whose body was physically connected to
yours by the umbilical cord.
And from the moment that cord was cut,
we began to forget the presence of the one who carried us.

Theme 3: Adults Who Never Truly Grow Up

Don't you feel that we're surrounded by so many so-called
adults who haven't truly grown up?
We often use the word “adult”, but what does it really mean?
If we look around, we might say that society is filled with

immature individuals—people whose level of inner development remains low.

By “adults who never truly grow up,” I don’t mean those who preserve a childlike innocence or playfulness.

I’m referring to those who are self-centered and irresponsible—people who assert themselves forcefully but conveniently blur the lines when it comes to taking responsibility.

Such people work in companies.

They get married.

They become fathers and mothers.

And the result?

We see it reflected every day in the countless scandals, crimes, and social dysfunctions that trouble even a single country like Japan.

Despite living in a world overflowing with information, the pressures of a declining birthrate and an aging society continue to produce more and more adults who never fully mature.

Their bodies and intellect grow, but their hearts remain underdeveloped.

They are human beings out of balance.

When physical needs are met and the environment is comfortable, the body grows naturally.

And the mind, too, may be trained and tested through the pressures of academic competition.

But what about the heart?

Do people really know what the heart is?

The truth is, the world of the heart cannot be fully explained by religious scholars.

Nor can it be unraveled by academic theories or scientific perspectives.

Certainly, we can talk endlessly about emotions—joy, sadness, anger, love.

We can even analyze these emotions through psychology.

But merely talking about feelings is not the same as understanding the heart.

And analyzing thoughts does not grant us true insight into the world of the heart.

Why?

Because both the speaker and the analyst are viewing the heart from the perspective of the physical world.

They do not know that the heart exists within a world of its own—a world beyond form.

In the end, most people try to understand the heart using their intellect.

They focus on outward expressions—words, behaviors, facial expressions—and try to measure or define the heart from there.

Books are written this way—guides, doctrines, manuals, even sacred texts.

The world is flooded with such materials.

Society today encourages us to pack our heads full of this kind of knowledge,

as if it will help us cope or succeed.

And all the while, we are surrounded by adults who never truly became adults.

When you give unbalanced information to unbalanced people, you only create more confusion in the world.

And that is exactly what we're witnessing now.

Theme 4: What Does It Mean to Die?

What does it truly mean to die?

Every human being who is born will one day die.

There is no medicine that grants eternal life.

Eventually, every physical body will decay and return to the earth.

This, at least, is a truth that most people accept.

But the real question is this:

During the time between birth and death,

did you discover what you were truly meant to do?

Did you find your life's true purpose?

There are those who devote themselves passionately to work in various fields,

believing that they've found their calling.

But can they say, with certainty, that this is truly the purpose of their soul?

Perhaps, toward the end of life,

one begins to wonder—was there something more?

Was there something deeper I was meant to do?

When we're young and full of energy, we pour ourselves into whatever environment allows us to shine.

If we're given opportunities, we may feel we're living a fruitful and successful life—gaining titles, wealth, social recognition, and influence.

When such a person dies,
they may be praised even more in death than in life.
Memorials may be held.

They may be called a “great person” or even revered as a kind of deity.

Those who knew them may tell stories with admiration and fondness.

Festivals may be held in their name, celebrating their legacy.
But that's all from the perspective of those who are still alive.
As for the one who has passed on—
the moment they shed their physical body,
all those worldly glories vanish.

The festive atmosphere, the admiration, the legacy—
all of it belongs to the time when they were still in the body.

For the departed, it's an entirely different reality.

At the very moment the body is left behind,
they are plunged into a heavy, suffocating darkness—
a world far removed from the glamour and praise of their earthly life.

They may cry out. They may scream.

But that crushing weight closes in on them nonetheless.

This is the truth for those who have lived their lives without ever coming to know what truly matters.

And no one—absolutely no one—speaks from the other side about what that world is like.

Why not?

Because they can't.

The idea of peacefully ascending to heaven is, quite frankly, a fantasy.

So—

Is death suffering?

And if so, why?

The truth is, we were all born from suffering.

We were born in order to free ourselves from suffering.

If you live your entire life without knowing that,
then yes—death will be suffering.

For most people, the original purpose of life—awakening to the self—is never realized.

They are distracted by illusions, chasing fleeting things, and the plan they created before birth is derailed.

They may not think they've lost their way.

They may believe they've lived their lives to the fullest.

But in truth, they were never aware of this:

“I was born because I was suffering.”

“I was born to free myself from that suffering.”

Most people also believe that death means the end of the self.
That everything they've loved, achieved, or built will vanish.

And beyond that, they're haunted by the deeper fear:
"When I die... will I cease to exist?"
This fear—of losing the very self—is overwhelming.
Someone burdened with such fear cannot possibly welcome
death with joy.
For them, death is only suffering.
And if illness is involved—if the body is in pain and they're
forced to wait for death—
that suffering only deepens.
Inside, they whisper:
"I don't want to die. I'm afraid of dying."
But outwardly, they try to convince themselves:
"Well, I'll be leaving this world soon."
No matter how much they try to encourage themselves,
the moment of death draws closer with every passing second.
Those who have relied on faith in outside powers turn
desperately to gods and buddhas,
pleading for guidance, for mercy.
Even those who've never believed in anything beyond this
world may find their hearts in turmoil at the end.
And rightfully so.
Why?
Because they've been cruel to themselves.
They may not realize it,
but if they lived their whole lives without ever freeing
themselves from suffering—

if they only added more suffering to their own path—
then they have been unkind to their own heart.

What remains at the end of such a life is a sorrowful regret that
fills the heart.

But while still wrapped in the physical body,
they likely won't be aware of this.

Even up to the final breath,
most people never realize just how troubled their inner world
has become.

Theme 5: My Own Remains

After you die, how would you like your body to be treated?

Would you want a grand funeral?

A respectful burial?

Do you hope your loved ones will stand before your altar and
bid you farewell, keeping you in their memories forever?

When the cells of your body have fulfilled their role and you
release your thoughts from the physical form, what remains is the
body—now simply a shell.

To me, a dead body is nothing more than a remnant.

It is a lifeless husk from which consciousness has departed.

The one who once inhabited it—the true self—has quietly left
the body and still continues to live on.

This, I believe, is our true form as human beings.

In other words, our real identity is consciousness, and once the physical form is no longer needed, we naturally leave it behind.

We do not remain bound to it.

However, most people continue to cling to their physical bodies.

That is because they believe—mistakenly—that the body is who they are.

They assume that when the body disappears, they themselves disappear.

And so they say,

“Please give me a proper burial.”

“I want a renowned monk or priest to guide me to the afterlife.”

“Please remember me on the anniversary of my death.”

But during my time within this body, I’ve felt warmth and kindness from the very cells that sustain me.

And when the time comes for those cells to say goodbye,

I believe we will exchange our final thoughts:

“Thank you.”

I imagine gently parting from the body, whispering,

“Goodbye, thank you.”

I do not exist with my remains.

Even if my body lies there, I continue to exist here and now.

That is how I perceive myself.

From this state of mind,

once I’ve released my consciousness from the body,

I see the remains as nothing more than something to be disposed of.

Handling them is simply a small task left for others.
I don't believe it should require much money or ceremony.
When someone continues to mourn the dead for years,
clinging to sorrow—is that because they are deeply
compassionate and kind?

If the two of us, while alive, were able to look into each other's
hearts and connect,
then yes, there may be a period of deep feeling after parting.

But even that feeling, I believe, should not be one of sadness
or loneliness—rather, it should be a sense of joy in remembering
that person.

If you find yourself reflecting on someone you've lost,
then do so with joy in your heart.

Theme 6: Reincarnation

“Why are we born? Why do we die?”

These have long been considered difficult questions.

But when the heart begins to feel the presence of eternity in
the now, the answers become clear:

Both birth and death are events of joy.

Why?

Because we are born and we die in order to awaken to our
true selves.

But awakening to the true self is no easy task.

The fact that we've viewed both birth and death as painful experiences throughout history

is proof of how difficult and profound that journey truly is.

That's why spiritual seekers of the past sought to escape the endless cycle of rebirth—samsara.

They believed that reincarnation itself was suffering,
and that liberation from it—moksha—was the path to happiness.

So they devoted themselves to extinguishing desires and attachments.

But that belief, I now see, was a deep misunderstanding—a result of ignorance.

And this truth cannot be understood until one begins the process of turning consciousness inward.

No matter how rigorous the discipline or how devout the practice, without this inner shift, the result is always the same: an unending hell.

In modern times, many people are busy struggling with the demands of daily life.

They are preoccupied with survival,
trying to build happiness, prosperity, and fulfillment—each in their own way.

But a time will come when that constructed life begins to collapse.

That time always comes.

Throughout history, this has been the case.

Natural disasters, social upheavals, and personal tragedies have always been part of human experience.

But because we never made the inward shift—never turned our consciousness—we died again and again, filled with resentment and curses.

And then, carrying those unresolved thoughts,
we returned once more to this world.

This is how the belief was born:

“Life is suffering. Death is suffering. Rebirth is suffering.”

In such a state, we cling desperately to life.

We fear death.

We obsess over our physical form.

We refuse to let go.

We blame others.

We place the responsibility for our pain on the world around us.

And indeed—we’ve done just that, lifetime after lifetime.

But no matter whom we blamed, no matter what we cursed,
in the end, we were simply sinking deeper into the darkness of
our own hearts.

And even when we tried to climb out,
our hearts—still full of curses and grudges—pulled us back
down.

Even if one was born into a luxurious and peaceful era,
even if one ruled a nation, or lived humbly by the roadside—
the inner world, the world of consciousness, remained dark.
And so, darkness met darkness—again and again through

intimate, entangled relationships.

That is the nature of reincarnation.

We carry within us countless human dramas—and still, we are born again.

Again and again, we are given the chance to awaken.

There are many who believe in reincarnation.

And yet, most have not yet realized that each lifetime is interconnected—that their many lives are part of one continuous stream.

Why not?

Because they have not yet turned their consciousness.

They remain unaware of what it truly means to awaken.

Theme 7: What Does It Mean to Connect with Yourself?

Do you know what it means to connect with yourself?

For example, when I turn my thoughts to my future life,

I feel this message arising within me:

“I will leave behind this physical body and take on another in my next life.

But we are still the same—we will live together once again.

Only the outward form has changed.

Nothing about us has truly changed.”

I can sense the presence of that “me” speaking within me.

This awareness also extends to my past lives.

That sense of continuity is alive in my heart.

That's why I am certain:

I am a being who continues across time, from past to future.

Let me share more of what I feel within:

"I have been connecting myself—linking through the darkness.

I can feel this clearly. And now, I've reached the time of this present life. I was born carrying a deep, unwavering resolve. And I am still in the process of connecting to my final incarnation.

Right now is 250 years later.

And 250 years later is right now.

This awareness brings me nothing but gratitude and joy.

Simply being given a body is a joy.

Being born and dying—both are for the sake of awakening to my true self.

Realizing this has brought about a profound change within me."

Out of suffering, out of breath, out of despair—

I finally reached this understanding:

"Even when I had nothing, I was happy. I was joy itself."

And that joy—my own being as joy—has always spoken to me from within.

None of us are exceptions.

We have all been connecting ourselves.

It is the deep desire to encounter our true selves that has kept us connected.

As beings of energy, we originally existed in a non-physical form.

And it is out of the yearning to reunite with our true essence that we take on the shape of human life again and again.

The outward form may differ each time,

but the inner core remains the same.

In other words, the energy that is our true nature takes on form, driven by the longing to reconnect with the real self.

In this present life, I have come to know this truth clearly, from the depths of my heart.

Theme 8: Is It the Cancer Cells We Resent?

Our lives are supported by the cells of our bodies.

When abnormalities occur in those cells and the survival of the body is threatened, we are faced with what is often considered the most terrifying illness of all: cancer.

To put it simply, cancer is the result of having continually poured intense, damaging energy into those cells—an energy that leads to cell death and destruction.

But this isn't something that applies only to cancer patients.

Rather, it is through the experience of cancer that people are given the opportunity to realize something important—not only the person affected, but also their family and those around them.

However, in most cases, people cannot receive the situation that way.

Instead, fear of death and financial anxiety rise to the surface of the heart.

Cancer becomes the enemy.

People believe, “This is what destroyed everything. If only we could eliminate it...”

Doctors, patients, and families alike wage war against the cancer cells.

We speak of “fighting cancer,” “eradicating cancer,” and pour forth enormous energy in that battle.

But here is the crucial question:

Do we ever pause to recognize the nature of the energy we’re releasing?

In the heart that fights cancer,
there is not even a fragment of kindness toward the very cells that have endured our energy all this time.

You can cut away the diseased area, and the body may indeed recover.

Medical science has made great advances, as have pharmaceutical treatments.

Removing part of the body might be enough from a physical standpoint.

But what about the cancer of the heart?

That is not so easily dealt with.

A heart that sees cancer only as an enemy cannot hear the messages flowing from those cells.

It cannot feel the gentleness coming from the damaged tissue

that's about to be discarded.

Before pleading "Please save me,"
wouldn't it make sense to first turn your heart toward those
very cells—the ones you are about to abandon?

Even if it is at the very end—at the final flicker of life's
flame—if one can begin to feel the warmth and kindness that
their own heart has shut out for so long,
then that person, in that moment, has saved themselves.

When that realization dawns,
one may begin to understand that living a long life is not the
only form of happiness.

If both the person and their loved ones can feel the gentle
vibrations
being offered by the cancer cells—**then cancer has become a
teacher**,and they are truly fortunate.

Theme 9: Bonds (Kizuna)

What is it that binds a husband and wife together,
or connects members of a family?

We often use the word kizuna—a bond that cannot be severed
between people.

But don't you feel that nowadays such bonds are becoming
fragile,easily broken?

We may not want to believe it, but it seems that more and more

couples and families are living apart emotionally,
even while sharing the same roof.

They avoid interfering with each other, each living freely in
their own space, doing as they please.

Perhaps that's what a modern family looks like.

Now, imagine tossing a small pebble into that space.

The ripples created by that pebble will stir something in the
hearts of everyone in the household.

Sometimes, despite having been emotionally distant, the event
triggered by the pebble may cause people to come together, to
match their steps once again.

Other times, it may deepen the rift even further,
widening the emotional gap between them.

That pebble can prompt one to reflect:

“Why this husband?”

“Why this wife?”

“Why this family?”

It's okay if no clear answers come.

You don't have to force yourself to find them.

Just thinking, just feeling—that alone can be enough.

“I am who I am because of this husband.”

“I am who I am because of this wife.”

“What a wonderful family I have.”

If the pebble brings about such thoughts, then maybe you could
even say,

“Thank you, little pebble.”

What is that pebble, really?

And what are the ripples it creates?

Through your relationship with your husband, wife, or family, if you begin to reflect on your own life and feel joy or gratitude for the fact that you are here now—then that alone is a step forward.

In this way, people begin to awaken to something deeper.

And if they don't notice it this time, perhaps next time the pebble will be larger.

And the time after that, even larger still.

Gradually, through these experiences, you may begin to feel something that goes beyond the surface:

“It's not just that I have this husband.”

“It's not just that I have this wife or family.”

“There is a deeper bond—one that can never be severed—between me and something far more essential.”

And so, you may come to sense it:

A bond not with others, but with your own true self.

Theme 10: A Once-in-a-Lifetime Life

“Whether you cry or laugh, you only live once. So if it's all the same, let's live brightly, joyfully, and fully.”

There is certainly some truth to this idea.

But if you only focus on the surface—putting on a happy face and striving to live a cheerful, fulfilling life—eventually, the facade will wear thin.

The real question is:

What gives that joyful, fulfilling life true substance?

Because life only happens once, some might say, “We must enjoy it to the fullest.”

Others may say, “That’s why I work so hard to make the most of it.”

Still others live in the moment, thinking, “It’s fleeting, so I’ll live for now.”

Perhaps some take each day as it comes, saying, “Let’s just do our best for now,” and slowly, the days slip by.

But I, having confirmed within myself that I am a being who has been continuously connected across lifetimes, see life not as a series of disconnected moments, but as a continuous stream.

This awareness is my starting point.

When I view this present life from that starting point,

I see it as merely one section within the flow of time that stretches from past to future.

When you understand the whole, and look at just one part in that context, your perspective on that part changes entirely.

If you see the present life as merely a part of the greater whole, you’ll realize that even the smallest change in that part affects the entire stream.

But if you focus only on this one lifetime, you will either

struggle to make it meaningful or let it slip by aimlessly.

If you begin to think of yourself as a being who exists in eternal time, your relationship with the present moment will also change.

Why not try reflecting once on the “you” from the past,
and sending your thoughts toward the “you” of the future?

Then, turn your attention to the “you” in the here and now.

Certainly, your current life is important.

The people around you are likely very dear.

But can’t you feel that there’s something more—a wider,
deeper world of self waiting within you?

Can’t you sense that something is waiting for you—needing
you—beyond what you see now?

Perhaps it’s difficult for those who believe life is “only once” to
sense this.

For such people, their awareness stops at that idea.

They don’t realize they’re living within the narrow confines of
a dead-end world.

Think about it.

Even the most dazzling life lasts, what—eighty years, give or take?

But I feel something more: eternity.

There is a vast difference between those who feel that eternity
and those who do not.

And in the end, those who believe “life only happens once” are
often the ones who fail to truly cherish themselves.

Because when you live without a sense of connection to your
eternal self, you become irresponsible toward your own being.

I believe this:

If you think your life happens only once, then you cannot truly treasure yourself.

What do you think?

In Closing

These ten themes have been my attempt to express what I feel.

Would you also consider reflecting on them—organizing your own thoughts and feelings as you go?

As you write or contemplate your responses, there is one thing I hope you will pay special attention to:

Your own internal standard.

Why do you feel the way you do?

There must be something deep within you that is forming the foundation of your thoughts and emotions.

Yes, what you feel and think is important.

But just as important—if not more so—is understanding why you feel that way.

Please shine a light there.

3. The Footsteps of Catastrophe

Each person carries within them a wealth of knowledge, along with perspectives shaped by personal experiences.

Our ways of living as individual human beings vary greatly.

Yet, apart from all of that, there is something I must tell you:

Change is undeniably unfolding around us.

Some may not be aware of it yet.

But in time, you will come to feel it—through your own eyes and ears.

To put it simply,

these are the footsteps of great upheaval.

No matter how desperately we try to protect what we have, we will experience the collapse of what we believed was secure, from its very foundations.

I can already feel the signs—almost as if they are at my doorstep.

As I've written earlier, the universe is going to be deeply involved with us from now on.

It will have a powerful influence on us.

But the universe is not something extraordinary or removed from daily life.

Let me repeat this:

The universe is, in essence, a world of vibration.

Vibration—energy.

And energy works.

What kind of work is done by the energy that flows from the true world of the Mother Universe?

It is this:

A call, a stirring, urging all consciousness to awaken.

We humans are energy.

That energy has taken the form of flesh and lived on this planet.

Where does that energy come from?

What is its source?

To discover that, we have gone through countless reincarnations.

“Know your origin.”

“Know your source.”

Now, by turning our hearts toward the universe—the world of vibration—we are beginning to feel this in our hearts.

And some of us are even coming to believe it.

We are in the process of awakening to the truth:

“We are consciousness—energy—that exists from eternity past to eternity future.”

And this process begins now, in this lifetime.

And it will continue, ever more deeply, from this point forward.

It is within this process that the universe plays a profound role.

We now stand at the threshold of

a great wave of upheaval and transformation that will sweep across the Earth.

And to be honest, **I feel an overwhelming joy.**

Why?

Because I feel that we ourselves are calling these changes forth,
so that we can begin to recognize our own mistakes.

That, to me, is irrefutable proof that we are love.

Only because we are love itself can we guide ourselves toward
awakening.

For so long, we have buried the “Heart of the Mother” and the
“warmth of the Mother” deep within us.

And yet, they have never ceased to exist.

A magnificent plan is in place—one through which we will
come to rediscover these truths through our own experiences.

Each lifetime contains its own human dramas.

Yes, life is drama.

But when we become emotionally entangled in those dramas,
we lose sight of the true focus of our lives.

We mistake the play for reality, when what truly matters is not
the drama itself, but the thoughts and feelings of the self who is
watching the drama.

When that focus becomes clear and centered,
the true meaning of life begins to emerge.

And with it, we realize:

Life is joy.

Even great upheaval—what we call “natural disasters”—is part
of that life drama.

A grand and awe-inspiring one.

The question is:

What will you perceive through that drama?

Each of us must learn to face that question.

From within the world of form,

we are being called:

“Free yourself.”

How will you receive that call?

Will your heart respond with:

“Yes, I will free myself.”

These calls—these stirrings—will come again and again.

Until we truly free ourselves, our own personal “hells” will continue.

That is what hell is.

And so, the next chapter will center on the great upheavals that are meant to awaken humanity.

Please try to feel the world of vibrations that flows through these events—vibrations that are both gentle and powerful.

But know this:

If your heart has forgotten the “Heart of the Mother” and the warmth of her love,

then great upheaval will be nothing but terror.

Let us resolve, in this lifetime:

“I will free myself—from the hell of cursing, hating, and going mad against the universe.”

Chapter 2

Natural Disasters

Summary of Chapter 2

In this chapter, “natural disasters” are redefined not as random calamities, but as profound messages from the universe—a wake-up call for humanity. The Mother Universe, through various upheavals, urges us to reflect on our origins and return to the essence of who we truly are.

Over the next 250 years, the Earth will experience increasing upheavals. Though these disruptions may manifest as large-scale disasters, their purpose is not to instill fear but to guide us back to the realization that we are consciousness itself, and at our core, we are love.

Phenomena such as UFO sightings and interdimensional experiences are presented as signs of the expanding universe of consciousness and our intrinsic connection to it. Crucially, the chapter emphasizes that the solution to our existential confusion lies not in the external world, but within. There is only one true way forward: to recognize that life unfolds according to the plan we ourselves devised—and to awaken to that truth.

1. The Curtain Rises

This is the dawning of humanity.

Over the next 250 years, may you fully sense what that means.

We, the consciousnesses of the universe, have long awaited the awakening of those who, having been born on Earth, have played out countless dramas.

No matter how fierce the energy we continued to send forth, we made a promise—that they would surely rise again and awaken.

Because of that promise, we are here now in physical form.

To take on form and come to know the world of consciousness we have each cultivated—this has been the supreme directive we set for ourselves.

Thus, the consciousness that has been able to come face to face with its past self—who has continued betraying its true nature—can consider itself truly fortunate.

And now, the time has come for this realization to unfold clearly within each person's heart, within each consciousness.

No matter how loudly one may cry that the physical world is real, it will all crumble away.

In a single instant, everything before one's eyes will vanish.

This is the experience that awaits.

No matter where on Earth you may try to flee or hide, the force of cataclysmic change cannot be avoided.

Even the continued existence of this planet may be placed in peril.
Such is the magnitude of the shock humanity will soon face.
From this lifetime forward, the flow of consciousness will take
tangible shape, clearly revealing itself.
“There truly is a flow that leads us to awakening.”
This truth will begin to manifest in form.
For that reason, I believe this moment marks the true
beginning of humanity.

2. From Another Dimension

From the three-dimensional world that regards form as reality, it is impossible to convey the truth.

What I share comes from a different dimension—one that recognizes consciousness as real and our essence as consciousness, as energy.

I understand that what I am about to express cannot be comprehended by the intellect or the brain. Even so, I feel a deep responsibility to speak. It is part of the flow of consciousness that I follow.

To me, words possess power—both positive and negative. Of course, I strive to convey positive energy through my words. But for you to feel that energy in your heart, there is one essential requirement: the steady and consistent practice of “looking at your own heart.”

Please do not reduce these words to mere wordplay. They are not meant to be analyzed intellectually. True understanding cannot come from the mind.

In this lifetime, I have gone through experiences that I have felt deep within my heart—not merely processed through the intellect or the brain. The impact of these experiences was captured firmly by my heart.

That is why I believe each word I speak carries power. My words are supported by those direct, undeniable experiences of the heart.

However, in order for that power to be felt, both the speaker and the listener must be prepared. This is something I have consistently emphasized.

If someone approaches these words only from a material perspective and dismisses them as nonsense, I invite them—again and again—to look honestly into their own heart.

Whether or not to engage in this practice is up to each individual. But if you do engage sincerely and turn your heart inward, everything I am saying here will naturally resonate with you. It will feel right.

Why? Because the world in which “I am you, and you are me—we are one” is our true reality.

From this point on, it is up to you to decide how you wish to exist. But remember, the consequences of that choice will inevitably return to you. Whatever comes back, accept it with dignity. Do not run from yourself. Do not shift responsibility onto others. Face yourself directly and boldly. I believe that is the true path for a human being.

Now, I also feel deeply that this present body is not all there is to me.

And yet, this physical body is important. It is important because, in order to meet my true self, I absolutely needed to have a physical form. Without being born of a mother—without receiving a body—none of us could have encountered our true selves.

Having a body was the first essential condition. Looking back on this lifetime and reflecting on my heart, I feel that truth

profoundly.

Indeed, we cannot perceive the world of truth from within the three-dimensional world. And yet, passing through this three-dimensional experience was necessary.

By taking on form, we were able to confront and confirm the energy of the consciousness we had cultivated. This was the clearest way for us to come to know ourselves.

All worldly experiences exist for the purpose of knowing ourselves. And each of those experiences is something we ourselves prepared.

We made all these arrangements because we wanted to return to the one true world: the Mother Universe.

As a final means, we even planned to awaken ourselves through the energy of natural disasters.

At the core of it all was one earnest desire:

“To meet my true self.”

“To return to that universe of joy and warmth.”

That was the only desire we held.

I am simply conveying this message a bit earlier, in hopes that you will remember it—revive that feeling in your heart.

Throughout history, humanity has lived in its own self-centered universes, each person cloaked in a physical body. As a result, we have lost all understanding of what it means to be sincere.

We have bound ourselves with morals, ethics, customs, habits, rules, and laws—trapping ourselves in a state where freedom scarcely exists.

Under the noble banner of pursuing happiness as human beings, we have, in the end, sought only personal happiness and prosperity. That is the true history of humanity.

In reality, we are free beings. But our original way of living has been gravely distorted by the very laws meant to protect life and property.

The very notion that people wage war and kill each other is utterly wrong. How can one kill in the name of justice?

And yet, in reality, killing in the name of justice happens routinely.

So, what is this “justice”? Ultimately, humanity has lost sight of the truth.

For such a humanity, only one thing remains that can spark true rebirth:

Natural disasters.

I believe many people will soon begin to say this—based on their own experiences and what happens around them.

In order to reach the root of our mistake and awaken our consciousness, humanity must face extreme situations where we lose everything before our eyes.

And even if everything is lost—

There is something that still remains.

Until we reach that realization, I believe that many natural disasters will continue to occur across this Earth.

3. The Ultimate Message from the Universe Is Catastrophic Change

The wave of natural disasters is something we cannot avoid.

This is because our consciousness has begun to awaken in response to the vibrations of the Mother Universe.

Natural disasters are not external events—they arise from within the universe that exists in each of us.

Therefore, the more we awaken within, the stronger the call becomes. And this awakening is a joy. The universe, caught in a swirl of joy, is eagerly awaiting the signal—the go-ahead.

To give you an idea of just how immense this joy is, it might be expressed as an energy powerful enough to shift the axis of the Earth itself.

This is beyond the limits of human understanding. There is nothing to do but let go of everything and entrust yourself fully.

Of course, entrusting yourself does not mean handing yourself over to the physical form you currently inhabit. That is not possible.

The physical body is, by nature, a foolish thing. It is form—and form is something that will inevitably vanish. We cannot entrust ourselves to something destined to disappear.

Rather, when we let go of our attachment to this perishable form and come to know, in our hearts, that we exist in a steadfast and enduring way, then we discover within ourselves a greater

self—one we can truly entrust ourselves to.

And within this expanded self, even natural disasters may be absorbed and harmonized.

It is in that unity—when all becomes one—that I believe the moment of dimensional shift occurs.

Together with the universe, together with joy, and together with the great upheavals of nature, we will make the transition to a new dimension.

4. Catastrophic Change Is Energy

In general terms, catastrophic change is regarded as a natural disaster.

Earthquakes, typhoons, hurricanes, floods, tsunamis, droughts, heavy snowfall, tornadoes—all these events threaten our daily lives. They take away our living spaces, claim lives, and force people into hardship. For most of us, there is nothing good about them.

In recent years, even in Japan, we have witnessed record-breaking rainfall, snowfall, and heatwaves—phenomena so extreme that people describe them as unlike anything they’ve ever experienced. Yet very few stop to consider what these events might be trying to tell us.

Even with earthquakes, when they become frequent, people no longer react to mild tremors. We simply acknowledge that another quake has occurred somewhere today and carry on.

But phrases like “record-breaking,” “unthinkable events,” and “frequent occurrences” all point in a certain direction. They serve as signs, indications of what is to come. I believe they foreshadow the great upheavals—catastrophic changes—still ahead.

True catastrophic change is yet to come.

While signs are already appearing in Japan and across the globe, they are merely hints—the real energy of these disasters far exceeds what we have experienced so far.

So the question becomes:

How are we to receive and interpret the energy of catastrophic change?

As mentioned earlier, catastrophic change robs us of life and property. It strikes without mercy. How, then, can we face it with our hearts?

For those who do not know the truth—who remain unaware at the level of consciousness—they will surely curse such disasters. They may curse the heavens, blame the gods, or tremble in fear, believing they've incurred divine wrath.

Indeed, that is how we have responded in the past—again and again losing our lives and our loved ones. From the standpoint that the material world is real and absolute, how could anyone possibly think of disaster as an expression of love?

Surely, most people hope to live their lives without ever encountering such tragedies. No matter how often one hears the words “Catastrophic change is love,” the honest feeling remains: “I don’t want to go through that.”

In Japan, extensive research and preparation have been carried out in various fields to anticipate potential disasters. Disaster prevention drills are held in communities, and emergency response systems are in place. When a disaster does strike, the Self-Defense Forces and volunteer organizations mobilize. Donations and supplies are sent from across the country. Infrastructure like electricity, gas, water, and roads is restored as quickly as possible. Messages of encouragement and psychological support from professionals also follow.

Right now, humans are still capable of restoring much of what is lost. It may take time, but life returns to a relatively normal state.

But what if these events occur repeatedly, one after another, across many regions in a short span of time?

Even waiting for rescue might become futile. Second or third waves of destruction may follow, leaving people helpless and forcing society into abandonment. Delayed aid might often mean the difference between life and death.

Some areas may be completely destroyed, turning into ghost towns in an instant.

After World War II, Japan rose from the ashes. However, today, economic disparity is increasingly stark. While some grow wealthier, many struggle to survive. On top of that, Japan—and the world—faces a mountain of unresolved issues. Still, for the time being, many live in relative peace.

But how will this country respond to the catastrophic changes that are to come?

Will Japan, repeatedly struck by disaster, be able to rise again as it did after the war?

The outlook is grim.

Even so, those who survive must continue living.

With everything lost in an instant, people's hearts will be left in shreds. In a society numbed by peace and comfort, people will have no idea where to begin. They will witness, while still alive, the unfolding of their own private hells.

No amount of psychological care will be enough to restore

such shattered hearts. People will sink into despair.

Unless pushed to the absolute limit, humans do not truly face themselves.

Until now, we have avoided confronting ourselves, placing our hopes instead in gods, Buddhas, or cosmic powers—seeking the unseen outside of ourselves.

Perhaps only under extreme conditions will we finally understand the foolishness of that choice.

That is the very reason we each wrote for ourselves a script in which we would confront such disasters.

Yes, the scenarios in which we meet catastrophic change are ones we wrote ourselves.

So blaming the heavens or resenting the gods accomplishes nothing. But we never understood that before.

Through these self-written scripts, through stages of our own making, we send ourselves a message:

“Return to joy.”

“Return to warmth.”

And most importantly:

“Come home to the Mother Universe.”

This is the message we receive from our true selves.

Though disasters seem to bring nothing good to the false self, they are essential events that help us meet our true selves.

The energy that flows from catastrophic change is, in fact, a current of love—an energy that awakens us.

5. UFOs

Humanity is about to undergo unprecedented experiences, and the existence of UFOs will play a significant role in what is to come.

At this point in time, interest in UFOs is mostly limited to science fiction fans or enthusiasts in certain circles, and for the general public, UFOs are still seen as part of the world of movies and novels.

However, I would like to clearly state here that UFOs do indeed exist.

That said, UFOs do not equate to extraterrestrial beings.

The idea that “UFO = alien” belongs, quite literally, to the realm of movies and novels. The UFOs we speak of here are something entirely different.

When approached from the perspective of “aliens,” the message we are trying to convey about UFOs is likely to be misunderstood.

As a result, people let their imaginations run wild—speculating whether UFOs abduct humans, attack the Earth, or seek friendly relations. These ideas only serve to stimulate idle curiosity.

Let me ask: have you ever come across the term “crop circle”?

It refers to phenomena in which grain crops like wheat are flattened in circular patterns that resemble geometric shapes. UFOs are often linked to these formations, usually accompanied by the question, “Could this be the work of UFOs?”

UFOs are also commonly introduced in the media as unidentified flying objects, associated with supernatural or paranormal phenomena.

I've turned my consciousness toward these reported phenomena and images, and I have also focused my heart on the consciousness of UFOs.

I believe the consciousness of UFOs speaks the very things I feel within my heart.

As I have stated before, UFOs belong to the world of consciousness.

They do not possess form.

From the idea that "UFO = alien," it is easy to assume that UFOs, like humans, must have some sort of physical body.

People imagine non-human aliens boarding spaceships, mysteriously leaving geometric patterns on Earth, and so forth—scenarios straight out of science fiction.

But these so-called "crop circles" are simply natural occurrences.

Of course, there may be instances of human intervention as well.

In truth, there are no such things as aliens, at least not in the way they are portrayed in films.

Therefore, the mysterious patterns that appear can be explained either as natural phenomena that happen to resemble geometric shapes, or possibly as the result of intentional human creation.

In any case, it is highly unlikely that aliens in spaceships are leaving such patterns on Earth as suggested in some media.

Since UFOs do not possess physical form, they cannot leave physical marks.

Though such images may appear in photographs, they are either naturally occurring or man-made.

It is far more important to turn away from those kinds of images and photos, and instead feel the state of your own heart as you imagine what a UFO might be.

UFOs are projections of your heart.

They do exist.

However, they are not physical beings like humans.

Please remember this clearly.

UFOs are consciousness, energy.

They are formless beings of energy, without flesh.

There is a part of your heart that resonates with their consciousness and energy.

By earnestly reflecting on this part within yourself, you can grow into someone who gently communicates with that energy.

This kind of inner growth is what truly matters.

Simply watching mysterious sightings or obsessing over what a UFO might be will change nothing inside you.

You will understand nothing.

The suffering, sorrow, loneliness, and wandering of the consciousnesses we call UFOs are not unrelated to who you are now.

Please be someone who can truly receive and accept those experiences.

“Let’s return together—your warmth and ours, united.”

This is the call they wish to make.

Direct your focus inward, not outward.

Calling upon UFOs from within yourself—this is what truly matters.

Let me say it again: UFOs are unmistakably beings of vibration.

They have no form.

They are not physical entities like human beings.

Nonetheless, these UFOs—these wandering consciousnesses in the universe—are beginning to communicate with human hearts.

There have already been reports of people receiving vibrations or messages from space, claiming to be in communication with extraterrestrial intelligences.

But whether these communications were truly perceived as vibrations is questionable.

The content may be intriguing, but the vibrations might also evoke fear or demand submission to a cosmic power.

These are vibrations of egocentric dominance.

People who turn their thoughts toward such messages—especially those who do not know how to look within—tend to idolize the universe as something supreme and bow before its power.

They become absorbed in these external energies and express themselves in accordance with that influence.

This is because they already harbor such egocentric universes within themselves, which then resonate with the external vibration.

Eventually, they may come to believe, “The universe I receive in my heart is indeed God,” and begin to use their physical form to express that belief.

Such vibrations are nothing less than black energy.

You will not find warmth, kindness, or peace—the mother’s vibration—there.

But once someone is caught in that pattern, it becomes difficult to recognize.

Those who seek the universe’s power often have strong egos.

At the root of it lies a desire to use UFOs as a means of self-promotion.

With such ego-driven motives, even if they claim to hear messages from UFOs, they will not be able to truly feel the heartfelt intention behind those messages.

They are more interested in knowing about UFOs than in receiving them with gentleness.

Can you understand what it means to reject UFOs in your heart while trying to communicate with them?

It is coldness toward oneself.

This is a critical point.

The consciousness of the UFOs wandering through space is connected to your own heart.

Many people are unaware of this.

Ignoring that connection, and instead turning thoughts outward toward the cosmos or UFOs, leads to a predictable result.

Rejecting that inner connection while approaching the idea out

of curiosity or desire will only lead to confusion.

Not because the UFOs cause the confusion, but because that potential already existed within you—a sign of your lack of gentleness toward yourself.

Approaching these consciousnesses without restoring the mother's vibration in your heart is extremely dangerous.

However, these wandering beings are still waiting for acceptance.

I believe communication with human hearts will become increasingly frequent.

UFOs will not remain extraordinary occurrences—they will become part of everyday life.

Unless your heart is properly prepared to accept them, such experiences will only bring suffering.

The more you focus on them, the more unbearable it will become.

In this sense, we are entering an age of increasingly incomprehensible events.

People may begin to behave strangely.

Explaining the causes will not be easy—unless one possesses the kindness to listen to the heart of a UFO.

Let me conclude with this reaffirmation: UFOs have no form.

They are vibration, thought, energy.

6. Only One Way Forward

For humanity, there remains only one path:

“To save oneself through one’s own efforts.”

“To convey the truth to oneself.”

There is no other way.

Those who are unable to save themselves—those whose consciousness cannot do so—will remain in eternal hell.

“Unable to be saved” means being in a state where one cannot communicate the truth to oneself.

It is because one does not know one’s true form—does not understand who one truly is—that the truth cannot be conveyed inwardly.

No matter how much luxury or glory one enjoys in the material world, as long as one lives without understanding who one really is, one already dwells in hell.

Because of being immersed in the physical world, one’s consciousness becomes numb.

However, when the body is removed—when one dies—that numbness fades, and one begins to clearly sense where one truly is.

The dull heart of one living in a physical body becomes suddenly sensitive after death.

At that moment, an overwhelming heaviness engulfs the self.

One finds oneself in a state of total paralysis, unable to move, completely bound by pain.

One sees clearly the suffering self, writhing within this prison of its own making.

And one feels unmistakably—this is me. This is what it means to be a consciousness that has lost sight of the truth.

If you do not save yourself, then you will live in hell and die in hell.

The only difference is whether you are in a physical body or not.

And sadly, while you have a physical body, there are countless ways to distract yourself from your inner suffering.

That is why most people have no idea of their true suffering while they are alive.

Even among those who claim to be suffering, very few have actually encountered their deepest pain.

Why?

Because most people do not know how to look at their own hearts.

They merely cry out in anguish, seeking help, or trying to escape.

They do not understand that calling out from that state or trying to run from it will change nothing.

I do not wish to provoke fear.

But if you sincerely look at your heart, the truth of who you are will emerge vividly.

And precisely because of this, you will come to realize just how precious it is to have this time while you are still in physical form.

You will feel deeply how great the love was that led to your being born by your mother.

Such feelings will begin to resound within you more and more.

Clearly, what you must do will come into view.

You will feel that the one who has long suffered is none other than yourself, and that this self is now crying out to be saved.

That cry will grow louder by the day.

However, the foolish self continues to chase after worldly pleasures and happiness as always.

Eventually, you will meet your death.

I believe the interval between these cycles will gradually shorten from here on.

You will continue to sound the alarm to yourself, summoning natural disasters from both within and without.

That is how dire the situation is.

In fact, we are already on the brink.

Can you not yet sense this urgency and tension?

Still, there is no need to panic.

There is no need to lose your composure.

Simply and steadily, continue looking within.

If you do so daily without fail, then when the time comes, and when various phenomena begin to unfold, you will be able to face them head-on.

Losing sight of your true self is the most difficult and painful experience of all.

But most people are not merely lost—they have never known themselves to begin with.

What will happen when such people are suddenly engulfed in a wave of cataclysm?

They will likely be swept away, both in the flesh and in

consciousness.

Their awareness will vanish into the distant whirlpool, just as it has always done.

From now on, there may be people who, in those moments, will begin to align the needle of their hearts.

Still, whether one can save oneself and convey the truth inwardly—these chances have been, and will continue to be, offered equally to all.

When will you take hold of that opportunity?

Or will you continue to suffer at the bottom of hell for eternity?

The choice is entirely yours.

This, I say, is the true message from the real world.

7. Life Unfolds According to Your Own Plan

Your life is a blueprint you designed yourself.

You carefully crafted it with purpose, weaving into it messages you wanted to communicate to yourself:

“Live for your true self.”

If you strip away all the embellishments, this one message will remain, clear and bright.

Many people, as they reflect on the course of their lives, will come to realize:

“So that’s what it was. If I think of it that way, everything begins to make sense.”

At the same time, many others may still feel deeply resistant to the idea:

“There’s no way I would have written such a scenario for myself.”

This reaction usually stems from the belief that one would never deliberately choose a life full of suffering—that if we could draft our own life plan, we’d surely choose an easier path.

How we define joy and what we consider happiness differs from person to person.

Moreover, how we interpret our lives hinges on whether we view ourselves primarily as physical beings, or as beings of consciousness.

Ultimately, what is a difficult life?

What is an easy life?

Aren't these judgments rooted in a worldview centered on form and appearance?

If we view ourselves as consciousness, as energy, as heart, then everything that happens in life becomes a chance to get to know ourselves.

Both suffering and joy become expressions of joy—gateways to self-discovery.

Earlier, I mentioned that even natural disasters are part of the life scenario you wrote for yourself.

While the term “natural disaster” commonly refers to physical calamities, if we consider the broader meaning of “something that comes suddenly and without warning,” then surely, one or two such events exist in every person's life.

In truth, these events do not come out of nowhere.

They are not lightning strikes in a clear sky.

Rather, they are meticulously calculated and arise precisely when they are meant to.

We cannot measure, with our physical minds, the circumstances under which such events unfold.

But it is certain that each of us, through these events, is meant to think, to notice something, and to awaken.

However, if you don't know how to look within, if you've never directed your thoughts inward, then it is nearly impossible to reach the realization that:

“Awareness is joy, and that joy is what sets me free.”

Each of us has prepared our lives with the wish:

“Let me fully experience the joy of stepping beyond the tiny boxes I’ve built around myself.”

I understand this is a difficult concept, but as for me, I can only say:

“Yes, that’s exactly right.”

I’ve felt a deep sense of regret toward the self I had confined within such narrow limits.

And though I came to feel how foolish it is to live solely as a physical being,

through the scenario I designed for my life—crafted and planned by my own consciousness—

I also came to witness the exquisite precision of the world of consciousness.

I could only marvel at it.

The key is how we choose to live the time we have with this physical body—this life we have given ourselves.

Is simply drifting along with society, living a “safe” life, really the kind of life you have longed for?

This is not to say you should resist everything and go against the current.

Rather, it’s about continuously returning to your true self—
and from that perspective, examining your existence and everything around you.

It is through trial and error, during your time in physical form, that you must cultivate the ability to see from that true

perspective.

And so, within that process of trial and error, each of us has also planned for certain moments—our own personal “sudden disasters”—to help us shift our perspective.

To shift one’s perspective is to fundamentally change one’s view of life.

Such is the magnitude of impact a personal disaster can have.

It is only when you can truly feel in your heart,

“I was wrong,”

in response to such a sudden shock, that the event becomes what we call a “disaster.”

If no realization occurs, then no matter how great the event may appear from the outside,

for that individual, it never truly was a “disaster.”

And if that person holds within the desire to change this time, then they will plan again—another disaster, another awakening.

Everything is orchestrated by that person’s own consciousness.

In the next chapter, I will continue to speak with you—together turning our hearts toward the Mother Universe.

Chapter 3

The Mother Universe

Summary of Chapter 3

This chapter explores the nature of the “Mother Universe” and how we are inherently connected to it through the heart. By turning inward and closing our eyes, we are invited to rediscover the subtle energy that sustains our existence—an energy often overlooked in daily life.

The universe is not a distant, separate entity; rather, it exists within us as energy itself. Under the guiding principle that “The Universe Is One,” we are reminded that all beings are interconnected and originate from the same source.

The author shares a personal journey of confronting and ultimately recognizing the universe expressed through Tomekichi Taike. What began as fierce resistance and hostility evolved into a deep realization that Taike’s energy was indistinguishable from the unconditional love of the Mother Universe. This transformation unfolded not through intellect but through direct experience of being embraced by a vast, nurturing consciousness.

The chapter concludes with a call to “Turn your heart to the Mother Universe.” As we awaken to the maternal warmth that has always enveloped us, we begin to understand that this journey—returning to the Mother—is the true path of joy and the purpose of our existence.

1. Close Your Eyes

Do you know the joy of spending time with your eyes closed—without thinking, without feeling the need to think?

As human beings, we are constantly reaching outward, absorbing information the moment our eyes are open.

We live in a state of perpetual outward focus. This may be seen as a sign of being alive, but our hearts are constantly busy, moving, reacting.

For beings who are wired to think, feel, and act, it may not be easy to simply “not think” or “not feel.”

Even when we try, the mind often drifts toward planning the next step or wondering about something.

To “not think” or “not feel” might appear unproductive on the surface, but once a shift in consciousness begins to take root within you, you will come to realize this quiet act—closing your eyes and directing your thoughts inward toward the world of truth—is, in fact, one of the most productive things you can do.

True productivity means sending out energy that acts positively upon yourself and others.

When your inner compass is aligned with the direction of truth, even the negative energy you’ve cultivated over time will begin to dissolve into the energy of truth—and transform into positive flow.

In this way, even while remaining still, you are doing the work

of the heart.

That, by any measure, is a form of high productivity.

How much have we truly produced with all the frenzied movement of our minds and bodies—like spinning wheels on a mouse's treadmill?

And what kind of quality have we generated in all that effort?

We who have taken the visible world as everything would do well to reflect deeply on this.

Only when humanity encounters energy powerful enough to destroy everything we've built—both tangible and intangible—will we begin to awaken.

And it will only be then that human beings, in the truest sense, will begin to think and feel from the heart.

This collapse will not be partial.

It will be total.

And when that happens, we will come to realize—clearly and deeply—that superficial, quick-fix measures are completely ineffective.

Eventually, we will come to see:

There is nothing we can do.

That is, there is nothing we can do as physical beings.

Because the physical form simply doesn't have that kind of power.

Yet, at the same time, we will come to know there is a power—

A power that animates the physical body.

And we will come to feel, in our hearts, that we were given this form for the sole purpose of discovering that hidden, inner

power within ourselves.

We will come to understand—naturally—that the source of this power cannot be known while still bound by physical form.

It is through the process of closing our eyes, shutting off the five senses, and encountering the existence of our true selves that we are, in truth, being called forward.

2. The Existence of the Energy That Sustains Us

There is a common expression in religious language that says, “We are kept alive; we are forgiven.” This way of speaking has also appeared in the context of this spiritual study.

However, what exactly sustains us—what grants us that forgiveness—depends entirely on the world of the heart of the one hearing those words.

For me, I interpret it in my heart as: I am sustained by myself; I am forgiven by myself.

I have come to recognize the existence of the energy that keeps me alive.

In other words, the physical “me” knows of the true “I” that exists beyond the form.

Even if this physical form disappears, the “I” does not. Because the “I” is energy.

It is through this energy that I am sustained and forgiven.

And I feel a deep joy in living in such a way that I do not interfere with the work of the “I.”

My joy is the “I’s” joy. My happiness is the “I’s” happiness. That’s how I feel it.

I am never alone. I am always with the “I.”

The “I” knows me—down to the deepest recesses of my heart.

No matter how clumsy or unworthy I may appear to be, the “I”

welcomes me from the heart.

There is no other partner like this.

Throughout my life, I sought and formed bonds with many partners.

And all of them, without exception, ended in failure.

No matter how solemn the vows exchanged, in the end, they often led to betrayal.

These “partners” were not only people in physical form.

They also included the so-called gods, Buddhas, and cosmic powers spoken of in the world of religion.

My heart sought many such partners.

And finally, in this lifetime, I have discovered the only true partner: the “I.”

That “I” is the very energy that sustains me.

Yes—I am the “I.”

Let me ask you—have you ever truly felt grateful for being born to your mother?

Have you ever, in your day-to-day life, felt the existence of the energy that keeps you alive?

If you were to encounter the energy that sustains you, I believe your entire way of seeing, thinking, and valuing the world would be utterly transformed.

Your standards for happiness and joy would shift completely.

Even if nothing has changed on the outside, within, everything has changed.

You begin to see the world through two perspectives: the eyes

of the physical “me” and the eyes of the true “I.”

At first, this duality may create confusion within.

But eventually, you will come to understand—naturally and from the heart—that the view from the “I” is the view of truth.

This confusion is only temporary.

From there, the world of truth will steadily expand within your heart.

The values you once held will be gradually replaced.

As this process unfolds, I believe you will reach the conclusion that your only true partner is the “I.”

You will come to understand that the “I” is the Mother—it is the Mother Universe.

To a heart that has come to know true happiness, true joy, warmth, and peace, the substitutes offered by the physical world will feel unbearably shallow and hollow.

The physical body longs for warmth, for the company of others.

It seeks healing, gentle words, kind embraces.

It pleads: “Please soothe my heart, please hold me in warmth, please be kind to me.”

It cries out for help, for salvation, for power.

But in time, you will come to know that all of this was a mistake.

The “I” has always been trying to communicate to me the mistake of living without knowing the true “I.”

And in remembering that, I feel nothing but gratitude toward the “I.”

All I can do is say thank you—with my words, with my heart.

Even though I continued to betray the “I,” the “I” never betrayed me—never gave up on me.

And I came to know this through the physical form of Tomekichi Taike.

In that sense, the physical being of Tomekichi Taike was indispensable to me—

A message the “I” communicated directly to my heart.

3. The Universe Is One

Each of us has created a universe within ourselves.

We devised our own personal laws and lived according to them.

Because these were our own laws, we were always right—in every situation.

Our individual laws took precedence over everything else.

Even within a small family, within communities, or on the larger scales of nations and ethnic groups, people have shielded themselves with their own laws, asserting their positions.

As long as interests align, things may seem harmonious on the surface.

But once that balance is broken, conflict inevitably arises.

That is only natural, because such harmony is not based on true unity, but on calculated give-and-take.

And when the time comes, people may even ruthlessly attack one another, all in accordance with their own laws.

We have repeated such patterns over vast stretches of time.

Because of that long history, even when we were told “The universe is one,” we found it nearly impossible to believe.

Instead, we clung to the idea that “My universe is magnificent,” fiercely resisting any effort to dismantle the world we had built for ourselves.

We were all born into physical form with the intent to defend our personal universes at all costs.

This, I have now come to understand in my heart for the very first time.

And I have also come to know that without breaking down the very foundation of our own thoughts, we cannot grasp the true nature of the universe.

It is no wonder, then, that we continued to suffer and lose our way.

Yet even now, most people remain unaware of the personal laws they've created or the fierce resistance they continue to wage.

They persist in expanding their own “number one” universes, heedlessly pouring out dark energy into the world.

This is the current state of humanity.

Indeed, people go about their daily lives while harboring deeply ingrained egocentric consciousness.

They carry the energy of conflict within their hearts, and without ever looking inward, they believe the visible world is all there is.

They seek happiness and prosperity in that realm of form.

People may talk about how their lives were turbulent or uneventful but happy—but even such reflections rarely reach the deeper truth behind their life stories.

In fact, it might be more accurate to say that people hardly ever direct their thoughts to the universe that lies in the background of their lives.

So, what is the universe behind one's life?

It is none other than your own world of consciousness.

Without understanding this universe—your own

consciousness—any life, regardless of its content, ultimately amounts to failure.

Of course, admitting that one's life has been a failure is no easy task.

It feels like denying oneself entirely.

However, it is only when the background world of consciousness transforms that the true meaning of being born becomes clear.

To change that world of consciousness means to awaken to the truth: We, the universe, are one.

Even as I say this, terms like “my number one universe” or “darkness” are far from commonplace.

The connection between the universe behind one's life and daily experiences is still dismissed with a laugh by many.

Still, I proclaim with a loud voice:

“We are the universe.”

“Our universe is one.”

And I will continue to share this message—that we have always been sustained and accepted within that one universe.

That is my joy.

Many consciousnesses are gathering.

To continue existing in a way that responds to their desperate longing to touch the world of truth—even through pain and struggle—

this, I have come to know as my deepest joy, through the life of this physical form I now possess.

4. The Universe of Tomekichi Taike Was the Mother Universe

With your permission, I would now like to speak about the universe of Tomekichi Taike, as I personally feel it in my heart.

Of course, I cannot claim to comprehend the entirety of it. However, I am confident in saying that I truly feel the universe of Tomekichi Taike—namely, the Mother Universe—within my heart.

To speak about his universe, one must begin by examining the universe one has cultivated within oneself—that is, one's energy.

Let me touch briefly on what we refer to as the “releasing of darkness” that occurred during past seminars.

As I wrote in Chapter 1, Section 1, “The Heart of the Mother and the Universe,” I once challenged the universe of Tomekichi Taike head-on.

Through the seminars, I came to understand that this was the nature of the world of consciousness I had carried until now.

Looking back twelve or thirteen years, I confirmed very clearly that the universe within me reacted violently against the world of consciousness expanding through the physical being of Tomekichi Taike.

I also came to understand that I had received a physical body in this lifetime to confirm this inner resistance and to transform my universe.

Indeed, that was because a strong will to return to the Mother

Universe—my true home—was alive within me.

And yet, it was not easy for me to accept that the vibrations emanating from Tomekichi Taike were what I had been yearning for.

Though I longed deeply to return to the Mother Universe, acknowledging his universe was no simple task for me.

That was because I harbored a sense of superiority, a belief that I had ruled over all.

To accept his universe felt tantamount to admitting defeat. I had long existed in a world of consciousness that believed the universe belonged to those who fought relentlessly and claimed victory through power.

In the past, I lived in worlds where “an eye for an eye, a tooth for a tooth” ruled, where might made right—where power was everything.

With such consciousness as my foundation, I was born to my mother in this lifetime.

And as planned, I encountered Tomekichi Taike, meeting him in the optimal setting of a seminar hall.

Deep within, my consciousness was likely filled with joy and anticipation. However, encased in physical form, I was often frustrated by the heaviness of the body.

The thoughts within me could not easily pierce the shell of flesh to express themselves clearly. At times, I despaired at the thickness of this shell, but eventually, I came to think, “No, this is different. I am preparing thoroughly.”

The body may not have known, but my inner being surely

understood that receiving the erupting magma of energy from within would require proper preparation. And time was granted to make that preparation.

Eventually, at a certain point, the energy within me began to erupt toward Tomekichi Taïke, one burst after another.

Once released, that energy surged forward relentlessly, as if it knew no bounds.

Even if Tomekichi Taïke could overturn me with a mere flick of a finger, I met him without flinching, with the fierce determination of “I won’t back down,” driving my blade of battle into him.

I was later told by my mother that, during one seminar, I had shouted at her as she lay overturned by Taïke’s finger and couldn’t rise.

“What are you doing? How pathetic. Why can’t you move?”

“Go at him!”

I threw harsh words at my mother for what I saw as her disgraceful state.

Through these experiences of “darkness release” in the seminars, I began to understand the world I had fostered.

At the same time, I gradually came to understand the consciousness of Tomekichi Taïke with my heart.

At first, I believed he too would respond with the energy of battle—I was convinced of it. But he didn’t.

Even when I sharpened my claws, bared my fangs, fixed my gaze on him, and hurled every curse I could, he remained unfazed.

It was frustrating beyond belief.

“Why? How can this world exist?”

“Why won’t he fight back? Why is he so calm?”

“Why... why... why...”

Many times I felt my power drained in his presence—as though I were being absorbed into something far greater. One could even say I felt enveloped.

I found it strange. Despite confronting him with raw hostility, he never retaliated.

Instead, what I received in return were thoughts like:

“I’ve been waiting for you. I’ve waited so long.”

“No matter how much you come at me, I love you.”

Such sentiments were simply unbelievable to me.

I spat out the vilest insults I could muster, shouting:

“You bastard, I’ll rip off your mask. I hate you! I’ll kill you! Die and rot!”

These thoughts surged from my heart. My eyes must have burned with fury.

And yet, Tomekichi Taike stood silent. And from the depths of that stillness flowed the essence of the Mother’s love.

I was at a loss.

The world that emanated from his silent figure reverberated deep within my consciousness again and again.

That vibration broke through the thick shell of flesh and vastly expanded the non-physical world within me.

The more I confronted the non-physical me while dwelling in

the physical, the more his universe soaked into my heart.

Looking back now with nostalgia on those seminar moments, I'd like to return to the topic of the Mother Universe.

Through these profound experiences of the heart, I finally came to know—deeply—that the universe of Tomekichi Taike and the Mother Universe were one and the same.

And with that, I began to notice a gradual change within myself.

First, I found that I could meet his gaze directly—his cold, all-seeing gaze that I had once hated. The more I looked, the more overwhelmed with emotion I became.

“Oh... I’ve been denying myself. I’ve trampled myself down.”

I came to realize that I had simply been rejecting the call from the Mother Universe. It was a moment of heartfelt repentance.

“Return to the Mother Universe.”

“Yes.”

This brief exchange in the heart revealed the path I was meant to walk.

At last, I had become someone who could say “yes” from the depths of the heart.

This wasn’t something logical—it was because I truly felt “the heart of the Mother, the warmth of the Mother” in my soul.

The universe, that heart, that thought, that energy—it all clearly showed me how many times I had repeated my mistakes.

The longing for the Mother Universe and the thoughts flowing from the Mother Universe—these finally, in this lifetime, met

and united within me.

Because of that meeting, my inner world transformed rapidly.

No matter how well adorned it may be, the physical is still just the physical. I came to feel that vividly.

And naturally, I began adjusting how I engaged with the body and the physical life—not clinging, not grasping, not obsessing.

Yet I also learned how to enjoy the physical as it is, in a natural way.

Day by day, I confirmed that the happiness and joy I had long sought could never be found in the world of form.

I also came to know this: all people will eventually return home.

Even humanity, which has lost sight of the truth, will one day find its way back.

Certainly, we humans are still foolish. But we have chosen to expose our folly relentlessly before our very eyes.

That, I believe, is because the yearning to return to our true selves still resides within us.

The Mother Universe may still be a world of vibration that barely resonates in most people's hearts.

But I tell you now—it is real. That world of vibration truly exists.

As proof of awakening to the true world of consciousness, each of us will soon experience our stored energy erupting outward—and it will immediately take form.

Through that form, the awakening of consciousness will permeate the heart.

This is what we call the Flow of Consciousness.

Because the flow exists, the pus within our hearts takes form

and is brought back to us.

Until now, we've used our minds to figure out how to deal with that pus when it surfaces. But doing so only generates more of it.

Instead, we must earnestly face the returning pus itself with our hearts.

Yes, the heart will face shock through form—some may describe it as madness or emotional collapse—but the human heart is not that fragile.

We did not come into this world with bodies made of glass. We must come to know deeply that we've stored tremendous energy in our hearts.

Pretty words won't suffice. The pus and darkness within us will be forcefully exposed.

This is the invitation extended by the vibrations of the Mother Universe.

5. Turning Our Hearts to the Mother Universe

“When I think of the universe now, I feel joy. When I think of the universe, I feel happiness. I remember the embrace of the Mother. I feel that I can return to that warmth. No matter how many mistakes I have made, I can still return to that warmth—because that warmth is who I am.

Right now, I feel the grace of being allowed to exist. I sense the unwavering presence of the world of vibrations.”

These are the thoughts that arise in my heart during meditation.

My journey began with a deep reflection on “love” and “death.” I have accumulated an immeasurable span of time within my heart. That truth echoes powerfully within me.

How many errors I have repeated, how long I have continued in delusion—my heart remembers it all.

Of course, I know human kindness and warmth. There are times when I may be moved by the compassion of others. But that is not where I can remain.

I can no longer cover the darkness that sleeps deep within my heart. I can no longer avert my gaze from that darkness.

“I want to encounter true kindness and warmth.”

This cry from the heart will only grow stronger with time. Guided by the flow of consciousness, it will inevitably become so.

And in order to encounter not superficial warmth or kindness, but the real thing, we come to understand that we must throw open the lid of the cauldron of hell and face what lies within.

In truth, everyone is waiting for that lid to be opened. Even though we could open it ourselves, we become timid when we take on physical form. We confine ourselves in small worlds and pursue happiness within those narrow confines.

How sad that is. How pitiful it is.

We are, by nature, vast, boundless beings—universes that extend without end.

Remaining in a small world makes it impossible to feel the infinity of the universe.

We must begin by opening the lid of the cauldron of hell and releasing the energy that has been sealed inside.

In a state filled with filth, it is impossible to encounter the true self.

“Is it inconvenient when what is unclean comes to the surface? Why do you feel that way? Will you continue to chase the illusion of a pure, righteous, and beautiful self forever?”

Please ask yourself.

The false self will surely respond—but so too will the true self.

Which voice you listen to, where you direct your heart—that will determine the course of your life from here on.

Now, let us turn our hearts together to the Mother Universe.

Close your eyes. Slowly, deeply, begin breathing from your lower abdomen.

Shut off your five senses. Breathe in and out gently until your

heart comes to rest.

Can you hear it now? The melody of your homeland, that nostalgic tune.

A gentle, gentle voice of the Mother is calling:

“I’ve been waiting for you to return. I will wait for you always.”

Please believe that this melody from your home is guiding you back.

From the depths of my heart, I hear words in a language not of this world.

It is not Japanese, not English, nor any language of this earth. You might call it the language of the universe.

For me, this “spirit language” is deeply nostalgic—a vibration that resonates warmly through my soul.

I ride its rhythm. I feel my heart expanding ever more greatly.

The universe—that is the word I use.

I feel myself held in the embrace of the Mother Universe. There is only joy.

Nostalgia, joy—my heart is filled with the sense of returning to my true home: the universe. That is the source of the happiness and delight that now wells up from within me.

This physical form we currently inhabit will one day disappear.

The physical self, our physical families, our jobs, and all the things that appear before us in form—they come and go, arise and fade.

But the world of the heart that observes and feels all of this will never vanish.

And now, more than ever, when we turn our thoughts inward, the heart is ready to respond.

The world we long for is already close enough to reach with just an outstretched hand.

Even if only a glimpse, even if just for a moment—please encounter that world.

Touch it. And in that resonance, live out your remaining time in this life.

The messages from the Mother Universe now clearly communicate what lies ahead.

They show us the path we are to walk—stern, yet gentle—saying: “I believe. I believe you will return. I am waiting for you.”

What determines light or darkness in our future is none other than ourselves.

I have come to feel that it is I who gives life to me, and I who would destroy me.

The laws of the world of consciousness can never be bent.

Through this present physical life, I have come to know that clearly.

Because of love, we cannot violate the laws of the conscious universe.

We exist in accordance with the Law.

And this Law is not the slightest bit restrictive. It does not bind us.

The Law is love. The Law is gentleness. The Law is warmth.

In Harmony with the Mother Universe

Afterword

Summary of Afterword

Upon completing the combined edition of In Harmony with the Mother Universe I & II, the author expresses a heartfelt desire to deepen the reader's journey toward the Mother Universe through renewed reflections and insights.

The core message is that the Mother Universe is not a distant realm, but the origin of our true selves—an inner homeland of consciousness. The author reflects on personal experiences, including intense confrontations with his own darkness and energy, and recounts how he gradually opened his heart to the powerful vibrations radiated by Tomekichi Taike.

Afterword

— Let Us Continue Our Journey Together —

You may find talk of a reincarnation 250 years from now or of UFOs to be utterly absurd, even laughable. Indeed, there is no proof, no credible documents anywhere to support such claims. Far more pressing to most are questions like where the economy is headed, how our aging society will function in the future, or even what's for dinner tonight. These feel far more “real.”

But if you were able to see with both your physical eyes and the eyes of your heart, you would not—and could not—think this way. The world perceived through our physical eyes is indeed a current reality, but it cannot begin to compare with the reality experienced through the heart's eye.

Practical advice books for everyday living are all the rage right now, but the time is fast approaching when such things will no longer suffice. The moment is near when you'll realize that the information you have always sought externally is of no real help, no lasting value. You may find yourself wanting to cry out from the depths of your heart, “This isn't what I truly want to know.”

You may already be facing various worries and sufferings in your current circumstances, but I must tell you: what lies ahead will be on an entirely different scale. Shockwaves will erupt from both without and within. I believe your heart—your consciousness—will experience impact so powerful it will

feel as if your very body has shattered. These shocks will pass through your body and compel a complete reorientation of the direction in which you've been living your life. The intensity of the experiences that will pass through your eyes, your ears, your entire physical being, will defy imagination.

Only by going through such overwhelming experiences will the human heart and consciousness be able to change.

Based on these experiences, each person will choose their own path forward and proceed swiftly upon it. Whether or not you transition dimensions with us depends entirely on your own consciousness. It requires a conscious decision.

Under a strong and unwavering will, you must clearly discern what truly stirs your spirit. I believe this is the most important thing. Feel it with your own heart. Listen intently and sincerely to the thoughts rising from within you, and keep living from that place.

Since you were given a physical body by your mother, don't you think it's worth taking your life seriously and earnestly, and thinking more broadly and deeply about where you're headed?

There's nothing wrong with enjoying yourself, being happy, staying active through work and family, and taking part in the physical aspects of life. But if that's all there is, then in the end, I believe it's a sadly wasted life. Not fleeting pleasures or temporary joys, but a yearning to touch a deeper, more profound world—that is what I truly hope for.

Those who place their faith in money will eventually be betrayed by it. And what about the person you love? Before

asking that, let me ask this: Do you truly trust yourself?

If you cannot trust yourself, I don't believe you can truly love another. If you see yourself as merely physical and others in the same way, then no matter how deeply you feel "love," it will inevitably lead to betrayal—of the one you love, and of yourself. That love is but a shadow that will fade away.

There's no use mourning or regretting the loss of such a shadow, nor harboring resentment. That kind of fixation only deepens your suffering.

So shift your perspective.

Your true companion on this journey is none other than yourself.

And perhaps you will come to realize the existence of a consciousness who genuinely believes and knows, from the depths of the heart: "You are me, and I am you." Wouldn't discovering that be the beginning of your true happiness and joy?

The consciousness of the mother who gave you countless physical bodies must have been conveying this message to you all along. And yet, you—again and again—cast her message away, disregarding it.

You must come to understand that for yourself, through your own experience.

I, too, have repeated that same pattern of incarnation countless times. And now, in this lifetime, I have been given the opportunity to change direction.

Thus, I understand fully that foolishness, that wretchedness, the suffering and the sorrow. They are all inevitable results of

being bound to the physical.

And yet, I also know this: nothing will be resolved, nothing will progress, if we remain there. Unless we break free from the physical, no matter what we do or how we try, we will never escape from hell.

All I ask is that you strive—with everything you have—to free yourself from your own personal hell.

“I want to walk with you.” I can feel that voice echoing from the depths of your own hell.

But unless you change your consciousness, there’s nothing I or anyone else can do.

Still, I intend to keep calling out to such consciousnesses, more and more from now on.

The thoughts we send out into the universe and the thoughts we receive from the universe will now begin to move in harmony, in the same direction.

Messages will come in the form of great upheavals—natural disasters.

Messages from the Mother Universe will be sent out more and more.

As I mentioned earlier, having discovered the existence of “myself,” I now live out my time in this lifetime with quiet steadiness, together with “me,” and I await the day 250 years from now.

I believe that the drama of life that will unfold with “me” in a physical body 250 years from now will be breathtaking.

I will send out this message across the universe: the Mother Universe is waiting for us 250 years from now. That is why I need a body.

I will establish my base on this planet Earth and begin broadcasting from here.

I can sense the approach of the UFOs. I also sense that I will move beyond dimensions together with them.

Ah, Mother Universe, together with you, we shall shift from the third dimension to the fourth.

The world I had been searching for so long is now gradually revealing itself within my heart.

“This is where I wanted to return.”

That feeling has always sustained me, and I can now feel clearly that it is also what will guide me from here forward.

I feel the energy flowing endlessly from the universe, awakening awareness and remembrance within humanity.

Let me repeat:

The universe is not far away. It exists within our hearts.

From that inner world, energy is now being released more and more.

The source of great power, the source of great warmth—that energy is the universe itself, and it is also us.

This, I believe, will become a lived experience here on Earth.

Finally, let me close this chapter with the following words:

“As beings who have been granted physical form as human beings, may we cherish the time we have now and love ourselves dearly. That alone is what is being asked of us.”

Postscript

As I wrote in Chapter 3, Section 4, “Taïke Tomekichi’s Universe Was the Mother Universe,” it was in this lifetime that I finally came to realize, within myself, the union of my thoughts toward the Mother Universe and the thoughts that have been sent to me from the Mother Universe. I have included those thoughts here, as a postscript.

Also, whenever I think of the Mother Universe, my thoughts turn naturally to this planet Earth, which has been the setting for our study. Thus, I have also included a selection titled Beloved Earth, excerpted from my book *Winds of the Universe*.

Thoughts Toward the Mother Universe

We have undergone countless incarnations here on Earth, all in an effort to return to You. If we include the time before our lives on Earth, then we are beings who have wandered through the universe for an unimaginably long time, searching for You. After having once forsaken You from the bottom of our hearts, we expanded a dark universe within ourselves. No matter how much we sought joy and happiness, all our efforts ended in failure. We resented You. We cursed You.

“Why did You abandon us? Why did You cast us down into

such darkness?”

Even as our hearts cried out, “I want to return to You,” we ourselves suppressed that cry. It has been a long journey—long and painful—and many of our fellow souls still remain lost, submerged in suffering, unaware of the truth.

And yet, in such a state, we have now been given this lifetime.

We are by no means a chosen few. Each of us has earnestly wished in our hearts to encounter the world of true vibrations during this lifetime, choosing our own bodies, our own circumstances, and vowing to gather for this study.

In fact, it is because we had fallen so far, into a state of utter hopelessness, that we gave ourselves this opportunity.

Among the friends who have gathered to study in this lifetime, there are still many who lack this awareness. But without question, we had made a solemn promise with ourselves.

To receive a physical body from our mothers and be born into this world is a chance granted to all consciousnesses.

However, to actually gather for study and come into contact with the world of true vibrations—that is an opportunity given only to a rare few. While some may have inflated their egos over this fact, I have simply rejoiced in it. I have been grateful for the chance to learn.

I discovered the joy of simply continuing to walk my own path.

By observing my heart and feeling my own energy, I have found myself nodding time and again, deeply resonating from within: “Yes, it’s true.”

Now, when I close my eyes and think of my mother, when I think of the universe, a world of vibration surely responds. No, even without closing my eyes, even a passing thought brings joy.

Carrying countless thoughts from the past, countless past selves within my heart, I now feel the presence of this physical body as something completely natural. I feel that I am a collective of consciousness.

Each of those selves brings me messages of joy.

“At last... yes, finally, finally we can return to our Mother.”

That realization, that return, is what brings us the deepest joy.

“We were never born for suffering. It was we who abandoned our Mother. She had always been calling to us.”

All of them—each and every one—now says so in unison.

“Mother... thank you.”

From the depths of my being, I feel the rising wave of joyful thoughts. There are no words that can fully express the happiness and joy of this moment.

In that sense too, this physical lifetime is truly the most blessed time and space I’ve ever known.

Mother, I will continue to look within myself and steadily prepare to return to the Mother Universe. That is my joy. That is my happiness.

Our universe is waiting for us. It is waiting with joy.

To the body of Tomekichi Taike, who conveyed this truth to me, I feel nothing but gratitude. My heart overflows with thanks.

Through our meeting, I have finally come to understand

that my own universe is joy itself—and that I am one with the universe of joy.

It was a world of vibrations. By receiving the vibrations of the universe in my heart, expanding them within me, and then turning my thoughts toward the universe, I have come to feel with certainty just how blessed I truly am.

Thoughts from the Mother Universe

Thank you. Thank you for turning your heart toward me. I have always believed in you. I have believed in you and waited for you, endlessly and patiently.

The universe will now begin to change, rapidly and continuously. Please accept my thoughts with joy. Let us expand this joy together.

We are one. Please continue to hold thoughts of your mother in your heart.

There is only one person in this world who has conveyed the truth to you—that is your mother, the one who gave birth to you. Know that unless you come into contact with the true thoughts of your mother, you will understand nothing, and nothing within you will change.

As you begin to look around yourself, you will be confronted more and more strongly with how foolish it is to regard the physical form as real.

All you need to do is align the needle of your heart with me and keep your thoughts directed toward the Mother Universe.

Of course, your heart will receive various vibrations. If you don't know how to align the needle of your heart, or if you are unfamiliar with the vibrations of the Mother Universe, you will be overwhelmed by them.

But there is no need to worry. The warmth and expansive vibrations you are surely feeling within your heart will embrace all of that with ease.

I have asked those of you who have gathered to study to continue your learning.

I have told you many times, "Whether you save yourself or not, it is all your own doing. That is the nature of the world of consciousness."

What remains now is for each of you to put what you've learned into practice.

As you already know, the time leading up to 250 years from now will be a time of great upheaval. Humanity will pass through a period of turmoil unlike anything it has ever experienced before.

And then, we will meet again, 250 years from now.

I am so happy—so deeply, deeply happy. The fact that we can share this joy together is my greatest happiness.

In 250 years, I hope to rejoice and expand joy with as many of you as possible.

Please, be born in joy, and die in joy.

Why are you born? Why do you die? In the time you are given, please turn your heart to your mother and ask yourself.

Your mother will surely tell you:

“Return to me. That is your happiness. Believe that you can return to your own joy. I am waiting. I will wait forever.”

From the Mother Universe, I now send this message to all of you:

“My joy is your joy. Your joy is my joy. I am always, always waiting within your heart. I will never stop waiting for the moment when you respond to me.”

Beloved Earth

Let us turn our hearts to this planet Earth, where we are currently living our lives.

Earth is consciousness. I feel its gentle, gentle consciousness.

Earth has constantly, unceasingly conveyed kindness to us.

It is a consciousness that exists within the Mother Universe. One form of that consciousness has manifested as the Earth.

On this Earth, we have prepared the time to reflect upon ourselves while possessing physical forms, over a long, long span of time.

When I turn my thoughts to Earth, the feeling that arises is:

“Earth, thank you—truly, thank you.”

It is Earth’s kindness that has taken in the energy we have continued to release.

How fierce the energy we have radiated as we existed on this planet has been.

And yet, what returns to us from Earth is nothing but gentleness. Warmth. It has continued to give us reminders—nudges toward realization and awakening.

Now, I am thinking of the Earth, which exists within the Mother Universe.

And Earth is responding.

The energy you have poured into us—we are now going to return that energy to you.

But what we return to you is nothing but joy.

We will return to you the energy you sent, through the thoughts of joy. Please, feel this within each of your hearts.

Please receive our thoughts.

We will return it to you in the form of natural disasters—cataclysms.

We are a part of the Mother Universe. With our hearts united with that universe, we will release the joyful energy of cataclysms from within us.

To all the conscious beings currently inhabiting physical bodies on Earth: please receive this joyful energy of cataclysms.

And please, awaken—come to know your true selves.

That is the task of the next 250 to 300 years.

Please receive the consciousness of us, the Earth, deeply and firmly in your hearts.

We are joy. We are the consciousness of joy within the Mother

Universe.

Now, I am listening to the thoughts of the Earth.

From the far reaches of the universe, energies are gathering toward Earth.

In physical form, this may appear as the arrival of meteorites.

But all of it is energy of joy, expanding throughout the universe.

Within this, the Earth itself will erupt with the energy of joy.

In this way, the universe becomes one, overflowing with the energy of joy.

Everything is happening within the Mother Universe. These are events within her warmth. These are events taking place within love itself.

Earth will change its orbit.

With such tremendous energy, it is conveying the truth to us—those who have not yet come to know what is real.

Within the Mother Universe, we are all being awaited—to unite our hearts and return to joy.

We descended upon this blue, shining star called Earth, and we have spent a long, long time here.

All of it was in order to return to the Mother Universe.

With thoughts of gratitude to the Earth, I will remain in this space just a little while longer.

Now, as I turn my thoughts inward and reflect upon the time I have spent with this Earth, I feel a flood of emotion for having descended here, and for having been given the form of a physical

body countless times.

It is a joy to set the path firmly toward the Mother Universe, and to bid farewell to the kind Earth.

When I turned my thoughts to Earth, these thoughts quietly arose from my heart:

“Earth will change its own orbit.”

Yes, Earth itself will change its orbit, and massive natural cataclysms will begin to occur on its surface.

Vast lands, islands, will sink beneath the ocean.

Cataclysms even greater than those we have experienced in the past will unfold.

Long ago, we each held a physical body somewhere when great continents sank—we lived through those events.

But the coming cataclysms will far exceed those past experiences, and they will unfold over the next 250 to 300 years.

Continents will sink. In an instant, they will disappear beneath the sea.

Earth itself will change its orbit.

It is an incredible energy. An immense force will be at work in the universe, within the world of consciousness.

It will be on a truly unimaginable scale—something that will shake the entire universe into motion.

It is clear that this will be unlike anything we have seen before.

Many of the consciousnesses currently living in physical form on Earth will go through profound inner experiences.

And that is precisely why—when we meet again 250 years

from now—those consciousnesses, stunned into numbness, will be able to shock themselves awake, and come to life once more.

These cataclysms will come alongside the universe itself. Now, I am thinking of the Earth, which will fulfill a great role within the universe.